

Yoga

**Yoga offers tools that anyone can use
to improve fitness, circulation, mobility,
and a sense of well-being.**

**This class offers excellent, precise instruction in
yoga postures and breathing.**

**Join us in building strength and flexibility in
body, mind, and spirit.**

Date: Wednesdays, starting March 18

Sign-up by Monday, March 16

Time: 1:30-2:30 p.m.

Cost: \$15 per person

Open to all, regardless of yoga experience

Please bring a yoga mat (or you may use a chair)

This 6-week program is taught by Margaret Cervarich.

Urbana Senior Center

9020 Amelung Street, Frederick, MD 21704

(located on the lower level of the Urbana Regional Library)

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www.FrederickCountyMD.gov/aging